"A Study of the Effect of Social Media on Mental Health and Academic Achievement of Senior Secondary Students"

Research Proposal for Ph.D. in education

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"A Study of the Effect of Social Media on Mental Health and Academic Achievement of Senior Secondary Students"

Introduction

Social media is a part of our daily life. We cannot imagine a single day or even few hours without it. It always remains with us in our Smartphone. People have access to social media everywhere they go. It fulfills various tasks like social networking and communication, academic knowledge and career information, online services like shopping, bookings, bill payments etc. Social media has transformed almost all the dimensions of life in the modern world. In this sense, its impact permeates nearly every single sphere of life. Also, it has modified the lifestyles of daily lives of us to a significant extent. We are involuntarily becoming a part of the lifestyle which is defined by social media. So, after-effect of influence from social media needs to be analyzed. It is known that social media appeals mostly to the younger demographic. The youth segment of the population engages with social media considerably, and no other demographic group surpasses the extent of their engagement. Such extensive usage of social media has drastically changed the lifestyle of young people by altering their routine, schedules, behaviors, interaction patterns, and relationships. The young age group learns quickly about the social media use in various spheres of life as this is the developing age group where they gain more curiosity and knowledge about the surroundings. These people will be forming the population of the country in the future, and their social life to a great extent depends on how they correlate with their surroundings. Needless to say, social media are time, money, and personal energy saving and are user-friendly. Social media, since its discovery, has lifted our society to unparallel heights; on the other hand, numerous shortcomings and dangerous practices are also connected with the usage of social media.

Social Media

Social media has been a significant medium for interpersonal engagement between individuals in recent years. It has become an integral part of public life and serves as an easy outlet for users to connect and express themselves. Using the definition by Habermas, it can be reasoned that social media has the ability to serve as a public sphere, but these possibilities are limited by the influences of political authority and economic power. This system is owned and controlled by the corporations, and power observes the data of users on social media sites. The modern social media is not a public sphere as it is, in a way, susceptible to the impact of financial investors, hence diminishing the functions of the public sphere in social media (Fuchs, 2014). The

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history of social media dates back to the information that gave users in 1997 to create links directly to others.

AsianAvenue.com, Blackplant.com, and MiGente.com were established in 1999-2000. It was primarily aimed at commercial activities. In 2002, Friendster launched a social networking site for those having common connections. LinkedIn and MySpace were established in 2003. In 2004, the brothers launched Facebook as a social media to share campus-related information among the students of Harvard College. Bebo was established in 2005. Twitter was developed in 2006 as a social networking and micro blogging site. Google in 2007, like any other firm, established its own social networking service known as Google+. All these social media allowed users to connect with others.

According to Carr and Hayes in 2015, social media can be described as any communication that is enabled by computer, where users have formed profiles to state their existence while at the same time creating their own content as they view and engage with those contents created by friends, or other people who own accounts on the internet.

Alhabash & Ma (2017) defined ‚social media' as Internet-based, disentranced, and persistent channels of mass-personal communication that allow for user perceptions of interaction, thereby deriving value mainly from generated content.

This may be viewed as the medium connecting the organizations to the user through social media by making people understand their needs and understanding what interest's users; besides getting new ideas of the product and services provided by making users communicate with one another.

According to Rainie and Wellman (2012), after the revolutionized technological world brought by the internet and mobile technologies, social networking is considered as the next revolution within that technological world. Therefore, people create networks and consolidate networks. Their findings supported that social media is not simply a virtual space; neither does online activity depreciate the quality of contacts created in the real life context (Boase & Wellman, 2006). Social media is, therefore, in direct linkage with the terms 'social software' and 'Web 2.0,' which defines a new era of networking and interactive communication methods.

Whiting and Williams in 2013 is explained to be as follows: social interaction, information seeking, passing time, entertainment, relaxation, communicatory utility, convenience utility, expression of opinion, information sharing, and surveillance or knowledge about others.

Some scholars grouped social media under several categories (Boyd & Ellison, 2007; Kaplan & Haenlein, 2009).

Social networks: The social networking platforms help individuals to create profiles, personal portfolios, and interest, which helps connect the friends and interact with the other users through posting of updates, commenting on statuses of others, and posting photographs and links. A few examples include Facebook, WhatsApp, YouTube, Instagram, LinkedIn, Google+, and MySpace, etc.

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b. Weblogs: One of the oldest and most used social media tools is a blog. Blogs are mostly considered digital diaries, wherein content is presented in a chronological order, by date, month, year, and category. A blog is a website owned by a person who writes posts and publishes them for people to read. Examples of these include WordPress and Blogger.

c. Microblogs: Microblog features short posts with few words. Generally, users are limited while posting a few lines of text, or uploading images and videos.

d. Microblogging is extremely popular for posting quick updates and distributing content via mobile devices. Example: Twitter.

e. Content Communities: Images and videos are categorized, shared and commented upon by the content communities" users. Example:YouTube, Flickr etc.

f. Collaboration: Wikipedia and Wiki is the best example of collaboration or social knowledge. These websites allow a community of people to add and edit content in a community-based database. Example: Wikipedia, Wikis, Quora etc.

g. Geo-location: This category of social media is linked to mobile devices and facilitates the identification of a user's geographical position. For instance, when individuals visit a location and wish to inform their friends of their whereabouts, their friends can check-in to communicate this information to the individual. Examples include Google Maps and Facebook.

h. Forums, message boards, and applications: are mediums that allow in-depth discussions and interactions about certain topics.

i. Live sharing: is the simultaneous consumption of audio or visual content by the audience.

j. Written and visual publishing take many form, including blogs, presentations, and eBooks. Sharing content of interest to your audience will build awareness and drive engagement.

k. Podcasts: Podcasts are audio and video files available over subscription services.

With the changing scenarios, media content is produced by media users, and it can be productive and creative. That not only shares information among users, including interactive and ongoing communicative exchanges of content bits and relations (Livingstone, 2004), but also elaborates the interface. It has aesthetic, it has functional capabilities, and it has connectivity to other software and platforms (Bechmann & Lombarg, 2013). It means that the text should be extended to include the communicative input of users and the software aspect of social media available here (Lomborg, 2014).

Mental Health

It deals mainly with the health of man, especially his mental status. Since time immemorial, the importance of having good mental health had been emphasized. It constitutes a concept that defines an individual's ability to perform in a way that produces positive results when dealing with the challenges and opportunities created

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by life. Mental health can be defined as 'behavioural personality' traits of an individual. The term "mental health" consists of two parts: "mental," which refers to events or experiences that take place in the mind, and "health," which is a condition of general wellbeing. Ideal mental health is marked by a feeling of wellbeing, as well as a positive and confident view of oneself. Mental health plays a very significant role in the lives of individuals. There is nothing in human life that is not influenced by the range of mental health. Mental health is not limited to a singular dimension of mental functioning or human character; rather, it encompasses a broad range of individual strategies for interacting with one and others. Adjustment is defined by comprehensive personal, intellectual, social, emotional, and philosophical orientations. When all these criteria for adjustment are satisfied, the individual is considered to possess positive mental health.

Mental health is an indicator or a measure of evaluation to denote the ability of a person to meet the requirements posed by his social, emotional, or physical surroundings. It also encompasses the extent to which a person is under psychological stress. This kind of mental tension usually manifests itself through manifestations such as anxiety, tension, restlessness, and feelings of hopelessness. Mental health objectives are basically about the development of strengths and competencies. Improving mental health involves not only the prevention of mental disorders but, in a more general sense, the development of personality and social skills. In addition, it contributes to the prevention of various behaviorally related illnesses. Therefore, sound mental health is identified as a trait that, if developed by an individual, can result in an enhanced state of mental well-being. Positive psychology emphasizes that mental health entails a person's ability fully to be involved in and value life, communicate emotions satisfactorily, and, if necessary, adapt efficiently to changing demands and stresses. This in turn lays a harmonious balance in one's daily routines but is necessary to achieve actual psychological resilience. Optimal mental health is a central pre-requisite for good longevity and healthy and prosperous lifestyles. It enhances the established quality of life, while inadequate mental health conditions impede the ability to lead a typical life. The World Health Organization (WHO, 2001) defines "Mental Health as a state of full physical, mental, and social well-being, and not merely the absence of disease or disability." This definition suggests that mental health might be conceived as a condition of well-being where persons can understand their strengths, cope with everyday stressors, function effectively in productive and meaningful work, and contribute constructively to their communities. Traditionally, mental health has often been defined in terms of mental illness; however, increasingly, it is recognized that mental health is more than just the absence of mental disorders. Optimal mental health includes the presence of positive psychosocial skills—characteristics found, of course, in resilient people as well (Beardslee, 1989).

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Academic achievement

Academic achievement is the degree to which a student, teacher, or institution has achieved their short or long-term educational goals. Completion of educational benchmarks like secondary school diplomas and bachelor's degrees represents academic achievement. Academic performance is frequently accessed via examinations or ongoing evaluations; however, there is a lack of consensus regarding the most effective methods of assessment and the critical aspects to be prioritized whether procedural knowledge, encompassing skills, or declarative knowledge, involving facts. Additionally, the evidence remains ambiguous concerning which specific factors effectively forecast academic success, suggesting that elements such as test anxiety, environmental context, motivation, and emotional states must be taken into account when formulating frameworks for educational achievement. Currently, educational institutions are allocated funding contingent upon the academic accomplishments of their students. An institution demonstrating a greater level of academic success will obtain more financial resources compared to one with lesser achievements.

Academic achievement is influenced by cognitive factors, specifically the degree to which an individual's capabilities can impact their academic or learning outcomes. The factors identified encompass cognitive abilities such as attention, memory, and reasoning, alongside a non-cognitive dimension that comprises a collection of "attitudes, behaviors, and strategies" fostering academic and professional success, which includes academic self-efficacy, self-control, motivation, expectancy and goal-setting theories, emotional intelligence, and determination. Academic achievement serves as a reflection of the extent to which students attain their educational objectives throughout the learning process. This concept pertains to the fulfillment of a personal academic objective, such as that of school, college, or university. Academic achievement is primarily assessed through various forms of examinations, whether they are formative or summative in nature.

❖ Need and Significance of the Study

Social media in the modern society is largely used, and most of these sites allow users to communicate with one another and also share ideas within a secure site. Social media will not only enable users to update them on trends and current affairs but also help user's market education, businesses, organizations, and social causes. In addition, social media can be helpful in cultivating interpersonal relationships through connecting others around the world and having meaningful connections. Finally, technology can serve to be a vehicle for self-communication; that is it can enable us to express ourselves through creative forms of expression or communication with others. While social media plays a cardinal role in the school going environment, as it influences behavior at work and in communication besides interpersonal relations.

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Thus the need to study "A study of the effect of Social Media on mental health and academic achievement by senior secondary students."

❖ Signification of the problem

The continuous development of new technologies is making the workplace environment dynamic. It is a huge task to keep up with such rapidly changing technologies, including Social Media Sites, and make them a part of the education sector. Researchers have suggested both positive and negative points about the implementation of Social Media Sites in the school culture. Many research projects have been conducted to evaluate the influence of Social Media Sites and their outcomes. Social media is a tool that has become very popular in modern society because of the easy-to-use features. Social media sites like Facebook, Instagram, Twitter, and more enable people to connect with others regardless of their location. In other words, social media enables global connectivity at our fingertips. Interestingly, youths are one of the most dominant groups of social media users. All this makes you wonder that something so powerful and with such a massive reach cannot be all good. Like how there are always two sides to a coin, the same goes for social media. Subsequently, different people have different opinions on this debatable topic. Although the use of social media has numerous positive effects, it also creates many negative effects, such as the existence of various addictions among the youth towards social media and cyber crimes occurring in the country. Therefore, the present study is entitled **"A Study of the Effect of Social Media on Mental Health and Academic Achievement of senior secondary students."**

❖ Operational definition

Social media

Social media is a general category of websites and applications that focus on communication, community-driven contributions, interaction, content distribution, and collaboration. People use social media to keep in touch with friends, family, and other communities. Companies use social applications to promote their products and services and also track consumer feedback. Social media is very popular globally. Moreover, mobile applications make it easy to access these applications. Examples of popular social media services include Twitter, Facebook, WhatsApp, Instagram, YouTube, and LinkedIn etc.

Mental Health

"Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work effectively and fruitfully, and is able to make a contribution to his or her community."

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Academic Achievement

Academic success results from education, reflecting the degree by which a student, educator, or educational institution met its educational objectives.

Senior secondary students

Students pursuing degrees in Arts, Science, and Commerce streams at the classes XI and XII.

❖ Objectives of the study

1. To study the relationship between social media and academic achievement of senior secondary students.
2. To study the relationship between mental health and academic achievement of senior secondary students.
3. To study the relationship between social media and mental health of senior secondary students.
4. To study the relationship between social media, mental health and academic achievement of senior secondary students.
5. To study the difference between social media and academic achievement of senior secondary students.
6. To study the difference between mental health and academic achievement of senior secondary students.
7. To study the difference between social media and academic achievement of senior secondary students.
8. To study the difference between social media, mental health and academic achievement of senior secondary students.
9. To study the effect of social media on mental health of senior secondary students.
10. To study the effect of social media on academic achievement of senior secondary students.
11. To study the effect of mental health on academic achievement of senior secondary students.

❖ Hypothesis of the Study

1. There is no significant relationship between social media and academic achievement of senior secondary students.
2. There is no significant relationship between mental health and academic achievement of senior secondary students.
3. There is no significant relationship between social media and mental health of senior secondary students.
4. There is no significant relationship between social media, mental health and academic achievement of senior secondary students.

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5. There is no significant difference between social media and academic achievement of senior secondary students.
6. There is no significant difference between mental health and academic achievement of senior secondary students.
7. There is no significant difference between social media and mental health of senior secondary students.
8. There is no significant difference between social media, mental health and academic achievement of senior secondary students.
9. There exists no significant effect of social media on mental health of senior secondary students.
10. There exists no significant effect of social media on academic achievement of senior secondary students.
11. There exists no significant effect of mental health on academic achievement of senior secondary students.

❖ Limitations of the study

The present study will encounter the following limitations:

1. This study will be confined to 600 higher secondary school students of Bihar School Examination Board.
2. This study is limited to only higher secondary school of Katihar district of Bihar only.
3. The sample will be taken from 12th class students only.
4. This research is limited to Bihar government school only.
5. This research is focused on the concept, mental health and Academic achievement, and social media.
6. The senior secondary school belonging to Urban and Rural regions.

❖ Review related to literature

When the researcher examines the previous research relevant to his research problem, it guides the researcher from the beginning to the end of the research which makes the findings universal. Relevant material refers to all kinds of books, journals, published and unpublished, previous research related to the research problem, the study helps the researcher to select his problems as well as prepare the outline of the research. Relevant material is reviewed in such a way that it does not repeat the material published before the research or the same work that has been done before the time of the research. Where and how it happened before and what conclusions were drawn in this research. Therefore, in order to get better results of the study under consideration,

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the researcher will study all the researches related to his research problem that have been done in the past and the light of them.

According to Kerlinger, referring literature for examination provides a ready point of reference and enables evaluation of the extent of work carried out within the field already and the identification of gaps or inadequacies in any area of investigation.

Social Media

1. **John A. Bargh, Katelyn Y.A. McKenna, (2004)** "explored the relationship between the Internet and Social life. The investigator took the Internet within its historical framework and then examined the consequences of Internet use on psychological wellbeing, personal relationships and social connection establishment and maintenance, group membership, and social identity, professional and community contexts. The results revealed that these consequences are highly sensitive to the purposes of interactions as achieved during use—be it for expression, social connection, or competition—while highly interacting with characteristics unique to the Internet communication environment.
2. **Barbara Siegel, (2014)** investigated whether Social Media in the workplace has an impact on Productivity: Literature indicated that employees using social media more than other mediums were not only more productive and also happier in their work environment in that they stayed longer to serve in those key positions long. This research dismisses a highly held notion that the distraction and indulgence of social media from work among employees is a killer of overall productivity. The research assessed 100,000 employee responses, of which 33,000 respondents engaged with 1-4 social networks. Within the entire cohort, 1,300 individuals were found to be active on more than five social networks on a daily basis. This particular subgroup exhibited a 1.6% increase in sales conversions and a 2.8% reduction in average call durations. The findings suggested that an enhanced capacity for social interaction, multitasking abilities, and greater familiarity with software served as indicators of the success observed among the highest-performing individuals. In other words, the activity on social media might eventually boost some skills that enhance better performance in the 106 workplace. However, the study furthered that excessive use of social media had a bad effect on productivity and encouraged moderation for the best results.
3. **Thomas Wells Brignall III, Thomas Van Valey, (2005)** —studied the impact of the Internet and computer-mediated communications on the nature and quality of social interaction and found positive and negative outcomes of cyber.
4. **Petra Säntti, (2008)**—assessed development of Corporate Knowledge Management through Social Media utilization in the case organization, Fidenta, in terms of

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knowledge sharing, communication and innovations management. Results show that the use of Social Media has a significant impact on the development of Knowledge Management. Systematic and controllable utilization of Social Media makes possible more effective communication and versatile use of knowledge.

5. **Rosie Braude, (2009)**-studied social media's impact on reputation and innovation of organizations using social media and tried to find out the perceptions of American consumers toward such organizations. Researcher 95 discovered that most of the consumers would like organizations to communicate with them through social media which have a positive impact on organization's reputation.
6. **James Bennett, Mark Owers, Michael Pitt, Matthew Tucker, (2010)** researched into the impact of social networking in the workplace and studied the relationship between social Media and organizational culture, focusing on the productivity, communication, and collaboration of employees, and found that social Media can facilitate improved workplace productivity through enhancing the communication and collaboration of employees which aids knowledge transfer and consequently makes organizations more agile. The study further established that social media has the ability to enhance employee satisfaction as it reduces the feeling of social isolation among teleworkers and allows them to belong to the organizational culture while being away for long periods in the virtual environment.
7. **Benjamin B. Aguenza, Ahmad Puad, Mat Som (2012)** "tried to investigate the relevance of collaborative technology like social Media for employee productivity in the workplace through employee performance, employee productivity, employee satisfaction. Findings suggest that Social Media generally stimulates collaboration and knowledge sharing between 97 individuals, which can lead to increased or decreased productivity and employee satisfaction. Both positive and negative effects were found.
8. **Trisha Dowerah Baruah, Krishna Kanta, (2012)** —attempted to analyze the impact of Social Media as a means of communication tool and to investigate the potential of social media as a tool for technology enabled connections using a sample of 200 people residing in the urban areas of Guwahati city. It was found that online sharing of information promotes the improvement in the communication skills. It can be said that social media have the ability to change the very nature of our social interactions, whether it is at the interpersonal level or in community contexts.
9. **Jeffrey W. Treem, Paul M. Leonardi, (2012)**—Examined the use of Social Media in organizations and suggested to conceptualize social media by specifying what sorts of behaviors they typically support across different organizations to move away from the specificity of any technology or its features, and focus on communicative outcomes. Variables of the study were: Organizational communication: Visibility: (a) work behaviour, (b) meta knowledge, and (c) Organizational activity streams. Editability: (a)

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governing personal expressions, (b) focusing content, and (c) enhancing information quality, technology. Persistence: (a) maintaining knowledge over time, (b) producing strong forms of communication, and (c) expanding content and Association: (a) facilitating social connectivity, (b) availability of relevant information, and (c) facilitating emergent connectivity. The researcher investigated the potential effects these four affordances of social media could have on socialization, information sharing, and power processes in organizations. The research further explains that "social media hold significant implications for organizational communication processes, particularly due to their capacity to enable new forms of behaviors that were previously challenging or unattainable prior to the introduction of these technologies in the workplace."

10. **Mohamed Asad, (2013)** —described and explained the role of social media in organizations but with an emphasis on the influence that social 99 media technologies bring to the Organizational culture. This research includes changes, effects, and opportunities which an implementation of social media brings in the frame of Organizational culture. It proves that there is a positive influence of social media upon the Organizational culture.
11. **Gigi G. S., Dr. P. Umarani, (2013)** "attempted to study the Impact of social media on employee engagement through various factors like Employee engagement, Employee morale, job satisfaction, and productivity. It was found that empowering employees to be active in social channels can actually improve employee engagement, which is the key to improving employee morale, job satisfaction, and productivity. Researcher provided 8 Steps to encourage employee social media engagement.
12. **Mr. R. Kishokumar, (2016)** "examined the influence of Social Networking in the Work place on Individual Job Performance with special reference to the Financial Sector in Batticaloa District. The study evaluates the relationship between collaborative technology such as social networking and employee performance and examines whether social networking is capable of increasing the levels of employee productivity and satisfaction. Research has indicated that utilizing social networks within the workplace contributes to enhancements in employee performance. Consequently, it is essential for organizations to understand the dynamics of social networking when formulating suitable workplace policies.

Mental Health

1. **Doyle D. (1984)** used data from a large, representative national sample; this article replicates some earlier analyses regarding life satisfaction and old age. Persons over age 65 were found to be only slightly less satisfied with their lives than persons aged 40 to 54 and 55 to 64. Poor health, 63 loneliness, and money problems are the strongest correlates of life satisfaction across age groups. The minor negative

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correlation identified between age and satisfaction is largely eliminated when controls for the aforementioned three factors are applied. A regression analysis is used to determine the relative strength of various potential predictors of life satisfaction across different age cohorts.

2. **Siegel, M.J. (2004)** sought to determine whether depressive symptoms and spousal physical health have a significant influence on the depressive symptoms reported by respondents in a national sample of older married couples. Methods: The study was based on data from 5,035 married respondents, comprising husbands and wives, derived from the 1992 and 1994 waves of the Health and Retirement Survey. Multivariate regression models were used to analyze the impacts of spousal depressive symptoms and physical health on the respondents' self-reported depressive symptoms. Results: After adjusting for respondent mental and physical health and socio demographic traits, having a spouse with more depressive symptoms was associated with significantly higher follow-up depressive symptoms in the respondent ($p<.001$). Controlling for spousal depressive symptoms, a decline in the spouse's physical health was associated with a significant reduction in respondent depressive symptoms ($p<.05$). Discussion: Our findings suggest that health care providers treating older adults should be sensitive to the possibility that spouses may be affected when clie-':1-ts suffer poor mental or physical health.
3. **Butler, B.M. (2004)** found a significant concern associated with growing old is the loss of cognitive function, resulting in dementia. It is fortunate that contemporary studies on aging suggest that cognitive deterioration is not an unavoidable consequence of the aging process. Furthermore, individuals have the ability to implement strategies that promote cognitive well-being across their lifespan. This paper assesses the 64 research findings and recommendations related to cognitive health preservation that were presented at a conference organized by the Alliance for Health and the Future in November 2003. The conference, titled 'Placing Cognitive Health on Europe's Social and Economic Agenda', assessed the existing understanding of cognitive health and deliberated on its ramifications for an aging European population. Despite the mechanisms underlying this age-related change in brain function being poorly understood at best, an increasingly large body of research underscores the importance of social interaction, cognitively engaging activities and physical exercise for maintaining or preventing cognitive decline. In light of the demographic growth of elderly populations globally and increasing life expectancy for most people, it means that both individuals and a community should work towards conceptualizing and implementing strategies at all levels to sustain cognitive abilities
4. **Svetlana A. Polyakova (2006)** explored the cultural context of psychological illness in older immigrants from the former Soviet Union (FSU). Kleinman. (1980)

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explanatory model of illness theory of culture care (1997) set the conceptual framework for the study.

Participant Observations were conducted in an Adult Day Care Center and Senior Housing. Twenty-three key informants and 10 general informants participated. The social and historical context of the FSU shaped the meaning, attitudes, expressions, and coping strategies toward psychological and mental illness. Cultural stigma had an impact on the cause attribution, somatic presentation of symptoms, and attitudes toward professional assistance. Psychological illness was not identified, while mental illness was perceived as a lack of dusha (inner strength and moral character).

5. **Moss, M.S.(2007)** conducted a longitudinal study that explores how the relationship between changes in physical health and changes in • valuation of life (VOL) may be affected by changes in quality of life and in mental health. Method: 335 community residents older than age 70 were interviewed over a 4-year period. Analysis used correlation and regression models.

   Results: The associations between changes in health and changes in VOL were insignificant when mediators of quality of life and mental health were controlled. Discussion: It is important for practitioners and clinicians to recognize that the perceptions many older adults have about how they spend their time and their psychological well-being may be more salient than their physical health as these individuals weigh the value of their lives. According to the insights provided by Lawton and his associates, it is posited that "health is not the only determinant of VOL and decrement not the only direction of change." Physical health is viewed as a foundational element of psychological well-being. In the current investigation, physical health was examined within the framework of psychological health. A succinct overview of studies where physical health was the primary focus is presented in chronological order.

Academic Achievement

1. **Mona and Kaur (2010)** conducted a study on Career maturity of adolescents in relation to intelligence, self-concept, academic achievement and family environment. The population is adolescent's students of government secondary schools of Amritsar districts and the sample comprised of 640 students. The study revealed that the academic achievement of the total sample was above average.
2. **Joshi (2012)** found that majority of the students (44.49%) fall into the category of low achievers. 43.86% fall in the category of average achievers 6.43 fall in the category of high achiever among class X students
3. **Weis, (2013)** conducted a study on Gender differences in school achievement: The role of self-regulation. The sample included Fifty-seven children participated in the study over summer 2010. The children attended 22 different fifth grade classes in seven

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different schools in a town in Southern Germany. The research indicated that female students outperformed their male counterparts in German achievement. The results of the present study showed that gender differences in German achievement were accounted for by gender differences in behavior regulation. Kharshiig (2013) found that majority of the students have an average Academic Achievement.

4. **Chui and Wong (2016)** conducted a study on Gender Differences in Happiness and Life Satisfaction among Adolescents in Hong Kong: Relationships and Self Concept. The population of the study consists of 1428 adolescents of Hong Kong. The study used a survey method and the results found association of gender with happiness and life satisfaction through relationship style and self-concept. While self-esteem and purpose in life are associated with higher happiness and life satisfaction, having more close friends is related to higher happiness, but not necessarily life satisfaction. Boys with higher achievement show higher happiness but do not show a greater level of satisfaction and vice versa for girls. Our results provide a much needed investigation of the differential effect of gender on the subjective well-being of adolescents.
5. **Padmakala and Subramonian (2018)** conducted a study on Parental support on self-confidence and academic achievement of Senior secondary students. The results of the study revealed that, the level of academic achievement of Senior secondary students 36 is average. The percentage analysis showed that the level of academic performance among students was rated as average, with 54.4% of students falling under this category. The study further found that the correlation between academic performance and parent-child interaction was rated as average. The self-confidence level of Senior secondary students was also rated as moderate. The percentage analysis showed that indeed the level of self-confidence was moderate, with 60.2% of students falling under this category.
6. **Aryana (2010)** published a study on the relationship of Self-esteem and Academic Achievement among Pre-university Students. In this study, the population was selected from boys and girls that attended a pre-university center of Kashmir. The random sampling was used and a sample of 100 students was taken. The results showed a significant difference in the academic achievement between boys and girls.
7. **.Goni,(2015),** Gender Difference in Students' Academic Performance in Colleges of Education in Borno State, Nigeria: Implications for Counselling. Sample of the study included 322 participants. The findings of the study revealed that there were no significant differences on gender and academic performance in the Colleges of Education in Borno State, which favored female students; therefore, the null hypothesis was accepted. It was recommended that male students are lacking in pocket money, hence the state government should increase their annual scholarships to support their academic pursuits.

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8. **Parajul & Thapa.** A study on Gender Differences in the Academic Performance of Students was done by (2017).
The study sample consists of 240 students who successfully passed the district-level standard examination for grade eight in 2016 and were subsequently enrolled in grade nine at both public and private educational institutions within Lekhnath Municipality, Kaski, Nepal. The study found significant gender differences in the academic performance of students. The female students were found outperforming their male counterparts. The study also revealed 37 that a large majority of the students scored first division or higher with relatively an outstanding performance by private schools compared to public schools. The students of private schools seem to perform better in task completion, attendance and assertiveness as well.

9. **Parveen, (2013).** Comparative study of the academic achievement of 10th class boys and girls studying in different high schools of District Pulwama of (J&K). The population under examination encompasses high school students from the Pulwama District of Jammu and Kashmir (J&K). The sample included 300 high school students, comprising 150 males and 150 females, who were selected randomly from 26 educational institutions within the Pulwama District of Jammu and Kashmir (J&K). The findings indicated that there were no statistically significant differences in academic performance in General Science between male and female students. As aggregate, the academic achievement of boys is significantly higher as compared to girls.

10. **Rashmi (2016)** Relation between Family Environment and Academic Achievement; the researcher has undertaken a descriptive survey method to study this piece of research. This particular piece of research has been focused upon the 12th grade students of Vikasnagar Block of Dehradun District. This sample is comprised of 160 students who were selected using the stratified random sampling method. The findings indicate that as far as gender is considered, there was a positive correlation between the academic achievement and family environment of the male and female students. As 38 the family environment increases academic achievement also increases and it was true for male and female students.

11. **Arshad, Zaidi, and Mahmood, (2015)** in their study revealed that a significant difference exists on academic performance between male and female students and which is in favor of the female students which indicate that female student has high scores on academic performance as compared to male students.

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❖ Research Methodology

This section of the study describes the research design, study area, sampling procedure, nature and sources of collection of data as well as the tools and techniques used for analysis and quantification of the data to attain the research objectives.

Research Design

Descriptive Research Design will be adopt to conduct this research study. This scientific method will use to observe and describe the behavior of the subject "A study of effect of social media on mental health and academic achievement of Senior secondary students" in this case, without influencing it in any way.

Population

According to Best, in 1983, Any population is a group of people who share one or more attributes of interest to the investigator. It may be the entirety of the individuals of a specified type or just a partial section of that group. A population is the total members or things that share a common attribute under the sampling bench mark stipulated by the researcher which the study results are generalized.

In this study all 12th class students studying in government senior secondary schools, affiliated to Bihar School Examination Board (BSEB) of Katihar District of Bihar State will be select as population".

Sample

It is not easy to study the entire population for any research; hence we take samples from this population which represents the entire population.

In this study, multi-stage random sampling technique will use to select the sample of 600 senior secondary school students studying in higher secondary schools, affiliated to BSEB, of Katihar District of Bihar State.

Statistical Techniques

The following statistical tools will be used for analysis: Cochran's Q test, ANOVA, Confirmatory Factor Analysis, Structured Equation Modeling, Path analysis, frequency, averages, standard deviation, coefficient of variation, and percentages. The data's conclusions are appropriately analyzed, and the required deductions are then made. To make the data more relevant, tables, charts, graphs, figures, and maps are provided.

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- ❖ Tools & Technique of Research procedure for preparation of tools, Reliability and Validity
- ❖ Procedure for collection of Data
- ❖ Procedure for Scoring of test/Tools

Chapters

1. Introduction
2. Review of related literature
3. Research Methodology
4. Data Analysis and Interpretation
5. Finding and Conclusion

❖ References

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